

REGION VI AGING SERVICES

Russ Sunderland, Regional Aging Services Program Administrator

Serving: Barnes, Dickey, Foster, Griggs, LaMoure, Logan, McIntosh, Stutsman and Wells Counties



Winter 2006



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AGING SERVICES NEWSLETTER

Please share this newsletter with a friend, co-worker, at your Senior Center, post on a bulletin board, etc. If you wish not to be on the mailing list for the newsletter, please contact **Russ Sunderland** at **253-6344**. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. **South Central Human Service Center** makes available all services and assistance without regard to race, color, national origin, religion, age, sex, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1975 as amended. **South Central Human Service Center** is an equal opportunity employer.

MISSION STATEMENT

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.



North Dakota Receives Grant to Establish Senior Legal Hotline

Bismarck, ND – The federal Administration on Aging has awarded a \$100,000 grant to the North Dakota Department of Human Services to establish and market a legal assistance hotline for low-income senior citizens.

North Dakota is one of only six states to receive the federal funding. The department partnered with Legal Services of North Dakota to develop the proposal.

"The grant expands on the legal services we've been providing for the past 20 years through Older Americans Act funding and will make it easier for low-income senior citizens to access legal help," Aging Services Division Director Linda Wright said.

According to Wright, the planned hotline may be answered by an attorney with expertise not only in elder law issues, but also Native American and immigration law. Program details and a provider need to be finalized. Wright said funding may also help expand pro-bono and reduced-fee legal services for low-income seniors.

Seniors typically have legal questions related to personal finance matters, advanced directives, and care issues, she said. The department plans to promote the hotline to immigrant/refugee communities and in rural areas including Tribal communities.

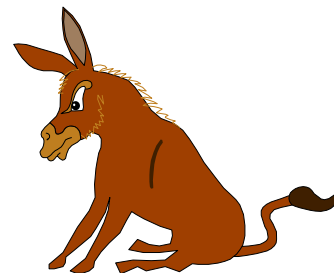
The department will establish an advisory committee to oversee the grant. Members could include representatives from University of North Dakota School of Law, the North Dakota Bar Association, community access television, the Immigration Law Advisory Council, Tribal judges, and other community organizations.



Winter Storm Safety Rules

- **Take winter driving seriously.** Keep your car "winterized." Carry a winter car kit containing equipment to help you keep warm, visible, and alive if you are trapped in a winter storm.
- **Get independent.** Check battery-powered equipment, heating fuel, food stock, and other supplies.
- **Don't kill yourself shoveling snow.** It is extremely hard work and can bring on a heart attack, a major cause of death during and after winter storms.
- **Dress for the season.** Layers of protective clothing are more effective and efficient than single layers of thick clothing. Mittens are warmer than gloves. Hoods should cover mouth, to protect lungs from extremely cold air.
- **If a blizzard traps you,** avoid overexertion and exposure, stay in your vehicle (but keep it ventilated), exercise, turn on dome light at night, stay awake, don't panic. (*U.S. Dept. of Commerce*)

"When you know you're wrong, don't be stubborn and stay that way!"





Fact Sheet North Dakota Senior Info-Line

A service of the ND Dept. of Human Services' Aging Services Division
600 East Boulevard Avenue, Dept. 325; Bismarck ND 58505-0250

Statistically Speaking

The Senior Info-Line received a total of 1,383 calls and e-mails in the first three quarters of Federal Fiscal Year (FFY) 2006. Calls are received from clients, professionals, family members, and friends.

The average Senior Info-Line caller is female, 75-84 years old, low income, retired, and lives alone in a rural setting. She found the Senior Info-Line number through another agency. She is most likely calling about in-home services, health concerns or help with her medications.

The Senior Info-Line is being used as a resource for everything from finding a phone number or an address to something as necessary as getting heat in a house during cold weather or finding help paying for expensive medication.

During the first three quarters of FFY 2006, the Senior Info-Line received calls from people in 156 North Dakota communities and 34 states.

The North Dakota Senior Info-Line website continues to grow in popularity. In the first three quarters of FFY 2006 the website averaged 482 hits per month. The hits on the website generated an average of 15 emails per month. If you haven't done so, please visit the website. You can search for information by program, by county, by services, or by city/state. The majority of website hits come from either professionals or adult children.

For Your Information

Many agencies across North Dakota are accessible through the use of toll-free numbers. Some of the most frequently requested toll-free numbers appear below:

Aging Services Division.....	1-800-451-8693
Consumer Protection.....	1-800-472-2600
Diabetes Control Program.....	1-800-280-5512
Economic Assistance Division.....	1-800-755-2716
Interagency Program for Assistive Technology	1-800-265-4728
Job Service North Dakota	1-800-247-0981
Legal Services of ND.....	1-866-621-9886
Long-Term Care Ombudsman	1-800-451-8693
Lutheran Social Services.....	1-800-450-0577
ND Assoc. for the Disabled	1-800-532-6323
ND Crime Victims Compensation ...	1-800-445-2322
ND Dept. of Human Services	1-800-472-2622
ND Department of Labor	1-800-583-8032
ND Donated Dental Services	1-866-572-9390
ND Dept. of Emergency Services...	1-800-472-2121
ND Insurance Department.....	1-800-247-0560
ND Protection & Advocacy	1-800-472-2670
ND State Library.....	1-800-472-2104
ND Tax Commissioner	1-800-638-2901
ND Tourism Department	1-800-435-5663
Poison Control.....	1-800-732-2200
Prescription Connection	1-888-575-6611
Rural Economic Development.....	1-800-765-9476
Senator Kent Conrad.....	1-800-223-4457
Senator Byron Dorgan.....	1-800-666-4482
Senior Companion Program.....	1-800-450-1510
Social Security Administration.....	1-800-305-6526

ND SENIOR INFO-LINE:

1-800-451-8693

www.ndseniorinfo.com

Roswell Henke - North Dakota 2006 Outstanding Older Worker

Bismarck, ND – Roswell Henke has been named North Dakota's Outstanding Older Worker for 2006 by Experience Works. At an age when many retire, Roswell continues to grow and excel in his position as advertising sales manager for Clear Channel Radio. This past year he earned the Clear Channel President's Club Award for his market, an honor given to an elite group of high-performing professionals.

The community benefits immensely from Roswell's contributions. He served 18 years on the Bismarck School Board, including several terms as president. He was a charter board member of the Greater Bismarck-Mandan Christmas in April organization. He continues to support this effort that improves quality of life for seniors, low-income people and people with disabilities by refurbishing their homes to make them safer and more comfortable.

Roswell volunteered for the Help Line overseen by the Mental Health Association in North Dakota, gives time to his church and assists his elderly parents who live in a nursing home. Tennis and bike riding keep him healthy and physically active. He also plays baritone sax in an adult concert band that performs for the public. *(Taken from AARP North Dakota News, Vol. 4, Issue 9, September 2006)*

***"That man is richest, whose pleasures
are cheapest."*** Henry David Thoreau



Don Smith Named 2006 Andrus Award Recipient

Don Smith, Bismarck, is the recipient of North Dakota's 2006 AARP Andrus Award for Community Service – the association's most prestigious and visible volunteer award.

In the nomination, they said, "Don inspires others to volunteerism primarily by the example he sets through his own commitment and dedication. He actively encourages others to become involved in various volunteer opportunities and his enthusiasm to help others is infectious."

The award symbolizes that individuals have the power and ability to make a difference in the lives of others. AARP North Dakota will formally present the award to Don at a recognition lunch. *(Taken from AARP North Dakota News, Vol. 4, Issue 9, September 2006)*



The Rarest Gift

*Christmas is a season of giving
And giving is the key to living,
So let us give ourselves away
Not just at Christmas, but every day...
And remember, a kind and
thoughtful deed
Or a hand outstretched in time of need
Is the rarest of gifts, for it is a part,
Not of the purse, but of a loving heart...
And those who give of themselves will find
True joy of heart and peace of mind.*

ND Family Caregiver Support Program



Holiday Stress Busters

Denise M. Brown (Reprinted with permission from Caregiving.com)

You're already walking your "holiday" walk – slumped forward, as if the weight of planning and preparing for the holidays rests squarely on your shoulders. The approaching holiday season is stressful anyway, but with your concerns and worries and caregiving responsibilities, the stress can be overwhelming.

When planning for this year's holiday season, keep in mind the real purpose of the holidays: **"To enjoy and celebrate our life and those we share it with."** To ensure your time is well spent with those you love, we've come up with some suggestions to help you relieve stress during holidays, as well as year-round.

1. **Exercise regularly.** Walking is a great way to release your pent-up frustrations. Set aside time to walk five times a week. If your care recipient is able, you might want to include him or her in your daily walk. In the winter, take cover at your local shopping mall. Many malls open early in the morning to accommodate walkers.
2. **Take regular breaks** – daily, weekly, monthly, and yearly. For instance, plan on a daily break of perhaps a half hour, spent on an activity you enjoy. Then, plan a weekly activity, such as a trip to the local library. A monthly break could be a night out with friends. A yearly break could be a family vacation. Planning ahead is important for two reasons: You can make appropriate care arrangements for your care recipient, and you have something to look forward to. Regular breaks during the holiday season are a must. Removing yourself from your situation on an ongoing basis will help you keep a perspective on what is really important.
3. **Start new traditions.** Rather than insisting on keeping to ways of the past (you host and cook Christmas Eve dinner at your house), develop new ways – new traditions. Involve family members and friends in your holiday planning. If you feel resistance from some family members, then just work around them. Order pies from your local bakery, rather than baking them yourself. Be creative in the new traditions that you develop. If shopping for presents will be too great of an ordeal for you, use catalogs or the internet to shop. Gift certificates for restaurants, spas and clothing stores are easy gifts to give that will be well-received. Whatever works best for you – works best for your family. And be sure to schedule time to spend enjoying the holidays. Perhaps the night you finish decorating your tree, you order pizza and enjoy a quiet evening admiring your Christmas tree lights.
4. **Be flexible.** If something goes wrong, what do you do? Laugh, regroup, and make the best of it. You can plan, but you can't control. Unavoidable mishaps or accidents will happen. Rather than allowing the mishaps to control you, control them by keeping your sense of humor, keeping a positive perspective and adapting with different solutions.
5. **Let moderation be your guide.** Only overindulge in laughter. Too much rich food, too many egg nogs, and too many chocolate Santas will play havoc on your digestive system – not to mention on the day after.



National Family Caregivers Month, November 2006

A Proclamation by the President of the United States of America

My Administration is committed to supporting family caregivers and their vital role in our Nation's communities. The National Family Caregiver Support Program continues to provide information, counseling, and services and encourages cooperation among agencies and other providers that work with caregivers. These efforts assist caregivers and help ensure that all Americans receive the care they need.

As we observe National Family Caregivers Month, we honor family caregivers who take time out of their lives to improve the lives of family and friends. Their efforts demonstrate the best of the American spirit. **GEORGE W. BUSH**

Message from the Assistant Secretary for Aging

Josefina G. Carbonell

I am pleased to join President Bush in honoring our nation's family caregivers. Caregivers play a critical role in helping seniors maintain their independence and avoid nursing home placement. The annual value of the care they provide to their loved ones, friends and neighbors has been estimated to be \$306 billion dollars.

Each year, the National Family Caregiver Support Program, administered by the Administration on Aging, provides much needed respite care and other supportive services to family members who are caring for their older loved ones who are ill or who have disabilities. Through effective outreach to over 12 million individuals with information about the Caregiver Program in FY 2003 and FY 2004, the aging network provided direct services to more than one million caregivers in FY 2005. This program has made it possible for millions of family members to remain living at home among their family and friends, which is the overwhelming preference of the American people.

I am so proud that the Administration on Aging and the national aging network has been entrusted with the responsibility of assisting America's caregivers. Along with demonstrating the American spirit, these courageous caregivers represent the heart of our communities. *(U.S. (AoA) Administration on Aging)*

Preparing for the Flu Season

With the flu season fast approaching, now is a good time to review steps you should take to reduce the spread of infectious illnesses.

Stay Healthy – eat balanced diets, exercise and get plenty of sleep.

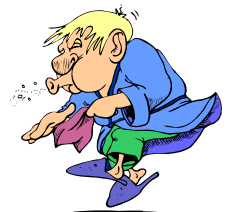
Stay Home – If you have a cold or flu, stay home so you don't spread the illness.

Wash Hands – Especially after coughing, sneezing, or blowing your nose. Use waterless hand sanitizers when water is not available.

Keep it Clean - Flu viruses can live up to 2 days on hard surfaces. Clean doorknobs, desks, telephones, remote controls, etc. with some type of disinfectant.

Keep your Distance – Sometimes handshakes are not appropriate. Avoid crowds.

(<http://www.edc.gov/flu/protect/stopgerms.htm#>)



Arthritis Information

The following information was taken from the *Native Aging Visions*, a Publication of the National Resource Center on Native American Aging located at the University of North Dakota Center for Rural Health School of Medicine & Health Sciences and the Arthritis Foundations web site: <http://www.arthritis.org> and *Arthritis Today Just Diagnosed* (2005).

Number of Americans with arthritis or chronic joint symptoms:

- 1985 - 35 million
- 1990 - 37.9 million
- 1998 - nearly 43 million (1 in 6 people)
- 2006 – 46 million (nearly 1 in 5 adults)
- Arthritis is one of the most prevalent chronic health problems and the nation's leading cause of disability among Americans over age 15.
- Arthritis is second only to heart disease as a cause of work disability.
- Arthritis limits everyday activities such as walking, dressing and bathing for more than 7 million Americans.
- Arthritis results in 39 million physician visits and more than a half million hospitalizations.
- Costs to the U.S. economy totals more than \$86.2 billion annually.
- Arthritis affects people in all age groups including nearly 300,000 children.
- Baby boomers are now at prime risk. More than half those affected are under age 65.
- Half of those Americans with arthritis don't think anything can be done to help them.
- Arthritis refers to more than 100 different diseases that affect areas in or around joints.
- Arthritis strikes women more often than men.

Overall arthritis:

- Women - 24.3 million of the people with doctor-diagnosed arthritis.
- Men - 17.1 million of the people with doctor-diagnosed arthritis.

The disease also can affect other parts of the body. Arthritis causes pain, loss of movement and sometimes swelling. Some types of arthritis are:

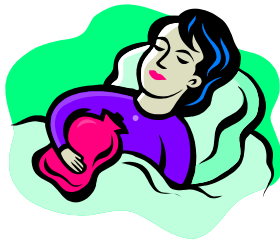
- **Osteoarthritis**, a degenerative joint disease in which the cartilage that covers the ends of bones in the joint deteriorates, causing pain and loss of movement as bone begins to rub against bone. It is the most prevalent form of arthritis.
- **Rheumatoid arthritis**, an autoimmune disease in which the joint lining becomes inflamed as part of the body's immune system activity. Rheumatoid arthritis is one of the most serious and disabling types, affecting mostly women.
- **Gout**, which affects mostly men. It is usually the result of a defect in body chemistry. This painful condition most often attacks small joints, especially the big toe. Fortunately, gout almost always can be completely controlled with medication and changes in diet.
- **Fibromyalgia**, in which widespread pain affects the muscles and attachments to the bone. It affects mostly women.
- **Ankylosing spondylitis**, a type of arthritis that affects the spine. As a result of inflammation, the bones of the spine grow together.
- **Systemic lupus erythematosus** (lupus), a serious disorder that can inflame and damage joints and other connective tissues throughout the body.
- **Scleroderma**, a disease of the body's connective tissue that causes a thickening and hardening of the skin.

"SKILL TO DO - - COMES FROM DOING."

Ralph Waldo Emerson

How to Cope with an Arthritis Flare Up:

1. **Start cold:** Apply a cold pack at the start of a flare up to numb the soreness and reduce swelling.
2. **Then heat up:** After the first 24 hours, switch to heat. A heating pad, warm water soak or heat-generating creams help bring blood into sore areas to relax tight muscles.



3. **Try massage:** This can help to ease the pain and reduce muscle tension.
4. **Walk:** It is probably the last thing you feel like doing, but walking even at a slower-than-normal pace, gets your blood circulating, bringing oxygen and nutrients to speed healing to your tissues.

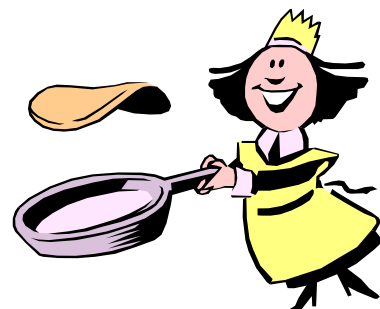


5. **Hit the bottle:** Use over-the-counter anti-inflammatory drugs, such as aspirin, ibuprofen, or naproxen to reduce pain, but check with your doctor first.
6. **Talk to your doctor:** If the pain continues for more than a few days, or if it is severe, contact your doctor.

Home Food Safety Tips!

Tis the Season: Eat, drink and be merry with these simple home food safety tips from the American Dietetic Association and ConAgra Foods.

- To prevent the spread of harmful bacteria, frozen meats should be thawed and marinated in a refrigerator set below 40 degrees Fahrenheit, or in a sink filled with cold tap water, making sure to change the water every 30 minutes.
- Once upon a time, placing hot foods in the refrigerator could lower the overall temperature of the fridge and cause foods to spoil. Not anymore! To ensure the freshness and safety of your freshly cooked foods, place them promptly in the refrigerator after cooking - no need to wait.
- When transporting food, pay close attention to how much time passes from the time you leave your door until your dish is eaten. If it's more than two hours, consider packing your cold dish in a cooler or hot dish in an insulated bag to keep it safe and bacteria-free.
- In order to eliminate harmful bacteria, always bring leftover gravy to a boil on the stove before serving it a second or even third time around.
- Tragic as it may be, when a holiday treat topples to the floor, it is never a good idea to eat it.



HOLIDAY CHALLENGES

SEASONS GREETING - Here are some "Holiday Challenges" for you to enjoy! You'll find the answers on page 10. **"NO PEEKING"**

Carol Quiz:

1. What did Mary do in response to the Little Drummer Boy?
2. What "look down where he lay?"
3. Where is the snow glistening in the winter wonderland?
4. "I'll Be Home for Christmas" wants which 3 things to be at home?
5. What's cooking for "folks dressed up like Eskimos?"



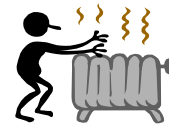
Reindeer Riddles:

1. Which reindeer is like a football player?
2. Which reindeer knows Morse Code?
3. Which reindeer can clean your sink?
4. Which reindeer could be a villainess in a movie?
5. Which reindeer could work with Gene Kelly?



Miscellaneous:

1. In "A Visit from St. Nick," what were the children dreaming of?
2. What's the name of the angel in "It's a Wonderful Life"?
3. Name the department store in "Miracle on 34th Street"?
4. Which popular Christmas song was first written for Thanksgiving?
5. What country did poinsettias originally come from?



SOME TIPS ON SAVING ENERGY THIS WINTER

- Be sure your thermostat is located in an area that is not too cold or hot. Install an automatic timer to keep the thermostat at 68 degrees during the day and 55 degrees at night.
- Wear warm layered clothing indoors during cold weather.
- Don't just concentrate on the windows....install storm doors before the cold weather arrives.
- Open drapes and shades in winter to let in the sunshine.
- Prune any branches on shade trees that block the sunlight.
- Remove awnings that may block the sun from the house.
- Seal off any place where heat might escape. Check for cracks and holes around windows, doors, or in the foundation and don't forget the attic and basement doors.
- In colder areas it makes sense to move furniture away from exterior walls.
- Heat only those rooms that you use.
- For long-term absences, turn down the heat and the hot water heater. Wrap heating ducts with duct tape in places where they may be exposed to cold air. Putting insulation around pipes that need it is also an energy saver.
- Frequently dust or vacuum all radiator surfaces and vents.

What is LIHEAP?



The purpose of the **Low Income Home Energy Assistance Program (LIHEAP)** is to provide home energy assistance to eligible low-income households. The North Dakota Department of Human Services and the County Social Service boards administer the LIHEAP program.

Who Should Apply?

- Households who buy their heating fuel from a fuel dealer or utility company (fuel, oil, propane, natural gas, electricity, wood, coal, and kerosene), and households whose rent payments include the cost of heat, if they do not receive a rent subsidy.
- Households who need assistance with: non-repairable furnaces and water heaters, fuel costs that are high due to houses that are older or in poor shape.
- Households who have difficulty paying fuel bills due to other rising costs and are in danger of losing their heating source.

How Do I Apply?

Applications are accepted from October 1 – May 31 of each heating season, or until program funds are used up. You must apply each season. You can also get an application from your local County Social Service Board, Community Action Agency or other agencies. The County Social Service Board, a friend or a relative can assist you in completing the application.

For LIHEAP services, call your local County Social Service office OR call the State LIHEAP office at: 1-800-755-2716. Hearing impaired: TTY # Relay ND 1-800-366-6888.



Answers to the Holiday Challenges from Page 9:

Carol Quiz:

1. Mary **“nodded”** in response to the Little Drummer Boy. The baby Jesus later “smiled” at him.
2. **“The stars in the sky** look down where he lay.” (From “Away In A Manger”)
3. **“In the lane,”** snow is glistening.
4. “Please have **snow and mistletoe and presents on the tree.**”
5. **Chestnuts roasting on an open fire** are cooking for the “folks dressed up like Eskimos.”

Reindeer Quiz:

1. Blitzen – football playing reindeer
2. Dasher – knows Morse Code
3. Comet – cleans your sink
4. Vixen – could be a villainess in a movie
5. Dancer – could work with Gene Kelly

Miscellaneous:

1. Sugarplums
2. Clarence
3. Macy’s
4. Jingle Bells
5. Mexico



Telephone Numbers to Know

Regional Aging Services Program Administrators

Region I:	Karen Quick	1-800-231-7724
Region II:	MariDon Sorum	1-888-470-6968
Region III:	Donna Olson	1-888-607-8610
Region IV:	Patricia Soli	1-888-256-6742
Region V:	Sandy Arends	1-888-342-4900
Region VI:	Russ Sunderland	1-800-260-1310
Region VII:	Cherry Schmidt (local: 328-8787)	1-888-328-2662
Region VIII:	Mark Jesser	1-888-227-7525

Vulnerable Adult Protective Services

Region I & II:	MariDon Sorum	1-888-470-6968
Region III:	Ava Boknecht	1-888-607-8610
Region IV:	Message Line	1-701-795-3176
Region V:	Sandy Arends	1-888-342-4900
Direct referral may be made to Cass County Adult Protective Services unit: 1-701-241-5747.		
Region VI:	Russ Sunderland	1-701-253-6344
Region VII:	Cherry Schmidt or Sheila Lindgren,	1-888-328-2662 or 1-701-328-8888
Region VIII:	Mark Jesser	1-888-227-7525

ND Family Caregiver Coordinators

Region I:	Karen Quick	1-800-231-7724
Region II:	Theresa Flagstad	1-888-470-6968
Region III:	Kim Locker-Helten	1-888-607-8610
Region IV:	Raeann Johnson	1-888-256-6742
Region V:	LeAnne Thomas	1-888-342-4900
Region VI:	CarrieThompson-Widmer	1-800-260-1310
Region VII:	Judy Tschider	1-888-328-2662
Region VIII:	Michelle Sletvold	1-888-227-7525

Long-Term Care Ombudsman Services

State Ombudsman:	Helen Funk	1-800-451-8693
Region I & II:	Michelle Jacob	1-888-470-6968
Region III & IV:	Kim Locker-Helten or Donna Olson (701-665-2200)	OR 1-888-607-8610
Region V & VI:	Bryan Fredrickson	1-888-342-4900
Region VII:	Helen Funk	1-800-451-8693
Region VIII:	Mark Jesser	1-888-227-7525

Other

Aging Services Division and Senior Info Line:	1-800-451-8693
AARP: (1-888-OUR-AARP)	1-888-687-2277
ND Mental Health Association	
(Local):	1-701-255-3692
Help-Line:	1-800-472-2911
IPAT (Assistive Technology):	1-800-265-4728
Legal Services of North Dakota:	
	1-800-634-5263
or (age 60+):	1-866-621-9886
Attorney General's Office of Consumer Protection:	
	1-701-328-3404
	1-800-472-2600
Social Security Administration:	
	1-800-772-1213
Medicare:	1-800-633-4227
Senior Health Insurance Counseling (SHIC)	
ND Insurance Department:	1-701-328-2440
Prescription Connection:	1-888-575-6611

Russ Sunderland
Regional Aging Services Program Administrator
South Central Human Service Center
520 Third Street NW, PO Box 2055
Jamestown, ND 58402-2055

Phone: 1-701-253-6344
Toll Free: 1-800-260-1310
Fax: 1-701-253-6400



To:

